No one ever succeeded in accomplishing very much, either for himself or for others, who did not employ his time systematically. Not, of course, that a methodical use of one's hours is in itself a virtue. Quite recently a young man was arrested for stealing from his employer, and it was found that the thief had kept a set of books in which his unlawful transactions were recorded with a methodical care which would have done credit to a legitimate business. But though time may be systematically misused, it must be used systematically to give the best

A TIME FOR RECREATION.

There are some earnest young people who are in dauger of forgetting that in every day there should be a time for recreation. Cares should be laid aside Regular work should be forgotten. You should give yourself up to the enjoyment with the same whole-heartedness which you have exhibited, in performing your duties through a large part of the day. The very meaning of the word "recreation," a sort of making over new, shows the part it should play in fitting you for work ahead.

This does not imply that your leisure hours offer no chances for Christian helpfulness, Indeed you will find your best opportunities in just such occasions. If you make others sharers in your pleasurers, if you help one who is tempted by showing him that some kinds of enjoyment are healthful and safe if you include within the circle of your own good times the sad and lonely and discouraged, your hours of recreation will wonderfully advance your Christian growth.

THE UNCOUNTED TIME.

Napoteon once said that the Austrians lost a certain battle because they were incapable of calculating the value of minutes. The same reason might be given for the failure of many a life. There is a certain amount of time for which most of us can give no account. We take it for granted that our odd minutes must be wasted.

This time we do not think of sufficient value to be seriously considered, has played an important | art in some lives. There are men who have mastered languages in the moments during which they were obliged to wait for their meals. Others have composed voluminous and valuable works by using similar fragments of time. We miss more good than we know until we have learned to act on the principle that we cannot afford to waste time.

"A CONVENIENT SEASON." In regard to our special Christian work, there is especial need of being systematic. Otherwise we are in danger of postponing it to that "convenient season" which so seldom comes. Have a time to read your Bible, a time to be alone with God, a time for making definite effort to help others heavenward. If your life is crowded with duties and cares, there is all the more need of being particular in this regard. It was a wise man who said: "I am so busy now that I am obliged to pray more than formerly."-Young People's Weekly.

#### TWELVE BUSINESS MAXIMS.

The president of the London Chamber of Commerce gives twelve maxims which he has tested through years of business experience, and which he recommends as tending to insure

- 1. Have a definite aim.
- 2. Go straight for it. 3. Master all details.
- 4. Always know more than you are
- expected to know. 5. Remember that difficulties are
- only made to overcome.
- 6. Treat failures as stepping-stones
- to further effort. 7. Never put your hand out farther
- than you can draw it back. 8. At times be bold; always prudent.
- 9. The minority often beats the
- majority in the end.
- 10. Make good use of other men's
- brains.
- 11. Listen well; answer cautiously; decide promptly.
- 12. Preserve by all means in your power, "a sound mind in a sound body."

Thomson-Is your daughter improving in her piano playing?

French-Well, she's either improv-

ing or else we're getting used to it. I don't know which .- Tit-Bits.

Congressman Sulloway says that a few days ago a bright colored boy presented himself for examination as letter carrier. The first question put by the examiner was: "How far is it from the earth to the moon?"

"Haw far am it frum de earth to de moon?" echoed the boy. "My Lawd. boss, if yose gw ' put me on dat route, I don't w ...'. e j b." an l reizing his hat he disappeared.



Ing their labes to the world?

Philamphy of tais kind is based upon grow senorance. The fact is, that there is no ressity for the severe pangs undergone by the average woman. If a woman is stong and healthy in a womanly way, mothe hood means to her but little suffering. The trouble lies in the fact that the majority of women suffer from weakness and disease of the distinctly feminine or ganism and are unfatted for motherhood. This can always be remedied. Dr. Pierce's Favorite Prescription is a sure, speedy and permanent cure for all disorders of this description. It acts directly on the delicate and important organs concerned, making them healthy, strong, vigorous, virile and elastic. It banishes the indispositions of the period of expectancy and makes baby's advent easy and almost painless, It quickens and vitalizes the feminine organs, and insures a healthy and robust baby. Thousands of women have testified to its marvelous merits. Honest druggists do not offer substitutes, and urge them upon you as "just as good."

"I suffered fourteen years," writes Mrs. May I. Stewart, of Box 46, Saratoga, Santa

offer substitutes, and as "just as good."

"I suffered fourteen years," writes Mrs, Mary J. Stewart, of Box 46. Saratoga, Santa Clara Co., Cal., with female weakness, nervousness and general debits. I tried everything to avail. Dr. Pierce's Favorite Prescription and 'Golden Medical Discovery' cured me.'

The names, addresses and photographs of hundreds of women cured by Dr. Pierce's medicines are printed by permission in the "People's Common Sense Medical Adviser." It's free. For a paper-covered copy send 21 one-cent stamps he cover mailing only. French cloth binding 31 stamps, Address Dr. R. V. Pierce, Buffalo, N. V. Every woman needs agreat medical book, Dr. Pierce's Common Sense Medical Adviser fills this want. It contains over 1000 pages and nearly 800 illustrations.

#### CIGARETTE HABIT.

Responsible For Large Percentage of Rejections.

The large number of rejections of volunteers has caused much comment in the Army Medical Corps. However, the physicians who have conducted the examinations say that outside the ranks of eigarette smokers, there are even fewer rejections than there were in the days of the civil war. Among the habitual users of the cigarette the rejections are about eighty per cent.

Dr. Benjamin King, of Philadelphia, who acted as examining surgeon during 1861-'63, in New York, Pennsylvania, Ohio and Indiana, says that the average rejections during those years did not exceed thirteen per cent. He attributes the large increase almost entirely to the cigarette habit.

"I have been inspecting the papers in a number of cases under the present recruiting act," said he, "and F observe that most of the men who failed to pass the medical examination have weak hearts or lack the vitality necessary to make a good soldier.

"I had expected that the percentage of rejections would be greater now than in 1861, but I did not dream that I would be almost thirteen times greater. The examining physicians with whom I have talked have generally told me that the excess of rejections is due to the larger number of young men applying for enlistment who have become victims of the habit.'

### CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Chart H. Within

SIGNBOARDS THAT POINT THE WAY TO HAPPINESS.

A Christian must be gentle to the rude, kind to the thankless, patient with the ignorant and liberal with the bigoted.

A love for good books prevents a formation of many of those gross habits

that defile and destroy the character. The soldier who is very brave outside of the battlefield makes himself

the laughing stock of his acquaintances. The books that you read in your

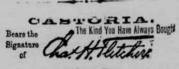
youth are the ones that will affect your character for time and eternity. Great souls find a joy in forgiving

offenses; little ones get their chief delight in cherishing old grudges No gentleman will either use filthy

language, or if he can help it, listen to it when used by others.

If you want the favor of God do your duty as you see it, and the rest

will take care of itself. There is hope for the boy, who, whatever his failings, still reveres his



A GREATFUL MAN.

"Say, come in here and let me buy you a cigar." "Why, what's happened? Got anoth-

er baby out at your house?" "No, but you're the first fellow I've met for three weeks who hasn't asked me if I was getting ready to go to

The Kind You Have Always Bought

BEAUTIFUL IN HEAVEN.

"Ma'am, can I go in there?" asked a little deformed girl of a lady one Sunday morning, just as she was about to enter a fashionable church. "Ma'am, can I go in there?"-at the same moment pulling the lady's dress, and turning up to her own a pitiful, pleading face. For a moment the lady was a bit disconcerted. The face was so sallow, and her cloth s so shabby, and her poor little body was so crooked. But, instantly recovering terself, she said to the little girl, "Yes, you may; come with me." Then taking the little one by the hand, she led her into the c' urch and into her own pew. Deeply interested in all she saw and heard, ur little friend was especially impressed with the music, and particularly by the singing to a wondrously sweet time of the familiar hymn beginning:

And must this body die, This well-wrought frame decay? Presently the lady felt a vigorous pull at her dress, and with an eager whisper the little one exclaimed, "Oh, ma'am, did you hear that?" Just at

that moment the choir was singing: Arrayed in glorious grace Sha'l these vile bodies shine, And every form and every face Be heavenly and divine.

At the close of the service the laly sked the little girl, "Did you especially like that hymr, my dear?" "Oh yes," she said; "I enjoyel it very much. "And can you tell me why?" said th lady in the gentlest manner possible "You see," said the child, at the same moment pointing to a very lovely lady who had occupied an adjacent pew, 'you see," she said, her eyes swimming with tears, "I am going to be just as beautiful as that lady, up there!" "In heaven, you mean?" said the lady. 'Yes, ma'am." "Then you hope to go there?" Fixing her large eager eyes on the face of the inquirer, the child, with a voice thrilling with emotion, exclaimed: "Don't you suppose Jesus died for such crooked ones as me?"

#### A CONTRABAND INCLOSURE.

"What is the charge against the acensed, Sergeant?

"Conspiring to aid the enemy."

"What is the specification?" "He was detached in the act of regisstering a letter to Cadiz containing a ump of hard to coal."

#### TRY ALLEN'S FOOT-EASE.

A powder to be shaken into the shoes. A powder to be shaken into the shoes. At this sea son your feet feel swollen, nervous and hot, and get tired easy. If you have smarting feet or tight shoes, try Allen's Foot Ease. It cools the feet and makes walking easy. Cures swollen and sweating feet, blisters and callous spots. Relieves corns and bunions of all pain and gives rest and comfort. Try it to-day. Sold by all druggists and shoe stores for 25c. Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

A man started in the livery stable ousiness the other week. and the first thing he did was to have a large sign painted representing himself holding a

mule by the bridle. "Is that a good likeness of me?" he

asked of an inquiring friend. "Yes, it is a perfect picture of

but who is the fellow holding you?"

Doctor-I just met your wife. That medicine I sent her by you seems to have benefitted her greatly.

Dumley-Sent her? Why, Doctor. I thought you said that was for me, and I've been in the hospital ever since I took it.

A stomachful of undigested food is about as unhealthy a mass as one can well imagine.

What can be done with it? There it stays. It won't digest. It churns up, ferments and decays; becomes poisonous (as all putrid matter does) and causes great pain and deep

seated disorders, In order to change all this, take Shaker Digestiv e Cordial.

It stops fermentation and decays at once, so that no more poisons are

It clears the stomach of poisons already there. It helps it to turn the the food that remains, into healthful nourishment. It strengthens the

tomach for the next meal.

Here is the whole philosophy and cure of indigestion in a few words. And what's more, it's all true. Try it Shaker Digestive Cordial is for sale by druggists, price 10 cents to \$1.00 a

Newman-Why, how do you do? Glad to see you again. How is busi-

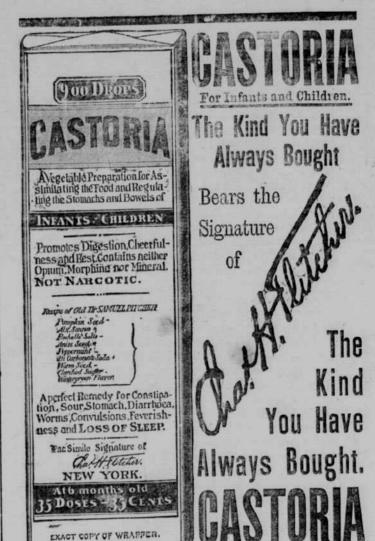
Oldman-Oh, business is looking up

as usual. Newman-As usual?

Oldman-Yes; I guess you must have forgotten that I'm an astronomer. age Home Enterprise.



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REPENTANCE IN THE NO GRAVE.

A Scotch d'vine entered the church yard one day while the sexton was busily employed, neck deep in a grave, throwing up soil and bones to make room for a dead parishioner.

"We'l, Saunders," said the minister, that is a work well calculated to make an old man like you thoughtful. I wonder you do not repeat of your evil ways and make resolves while so seriously occupied about another's grave to live a better life and prepare for your own." The old man, re-ting himself upon the edge of his spade, calmly replied, "I thought, sir, ye kent that there is no repentance in the grave."

And is Blackford so much of an

"Man, he could describe a boarding house dried-beef supper in such language that your mouth would water with desire.

Rules the Home,—"What a delicatelooking chile Mrs. Rickrack's thied

"Delicate? That's the chill that posses the whole family."

In our advertising columns will be found an announcement of Ex-Senator John J. Ingalls' forthcoming book, entitled "America's War For Humanity." Canvassing agents will find in it a book of remarkable interests, and certainly of extraordinary salability. The history of the war is told in pleture and story, and in a way that always characterizes the brilliant pen of Senator Ingalls. In narrating the incidents of this war he finds grand scope for his superb descriptive and analytical powers. The theme is worthy of the author, and the author is worthy of the theme. It is published by N. D. Thompson Publishing Co., of St Louis, Mo. It will be a monumental work that will not only be everywhere read, but it will be a monument to his gunius that will outlive in history his brilliant senatorial career. The subscription book trade and the canvassing agent are fortunate in he fact that an author of such rare ability has been enlisted in its interest.



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LvLexington, 4 30am

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Train 2 connects with Southern R. Harrisonburg at 7:00 a. m. for Strasburg Junction and Harper's Ferry division, Pass Pass. am | 9 10am | 5 40 pm Ly Strasburg June Capon Road Winchester am | 9 13am | 5 43 pm 6 00am | 9 55am | 6 25 pm 10 05am 6 35 pm harlestown Ar Harpers | Ferry 7 08am | 11 12am | 7 37 pm

19 20am | 1 05pm | 11 0 pm 10 3am | 200pm | 12 45 pm 13 0am | 4 05pm | 3 58 am 3 0pm | 6 30pm | 6 52 am New York | Pass | Pass | 19 | Pass | 40am | 1 30pm | 1 30 SOUTHBOUND. LvNew York Stephenson

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Mixed. Pass Mixed. LvHarrisonburg Staunton Ar Lezington 7 00am 2 2 5pm 10 00 a m 3 46pm 12 00 m 5 30pm 5 30pm Mixed Trains Southbound, Leaves Win-chester at 4:55 a m and 8:45 a m. Arrives at Strasburg Junction at 6:12 a m and 10:35 a m; Mixed Trains Northbound. Leaves Win-

Strasburg Junetion at 6:12a m and 10:35 a m;
Mixed Trains Northbornd. Leaves Winchester at 1:45 p m and 11:30 p m, Arrives at Harper's Ferry at 4:20 p m and 1;36 a m.

Connections'

Train 2 connects at Harper's Ferry with Fast Limited Express train leaving at 12:41 a m and 104 p m arriving at Chicago at 9:30 a m, and 12:00 noon, and with train leaving at 5:14 p m, arriving at Cincinnati at 7:45 a m.

St Louis 6:00 p m, and connects at Weverton at 11:40 a m, arrives at Hagerstown 12:40 Washington Junetion with train arriving at Frederick at 1.55 p m

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